

### ABSTRACT OF THE DISCLOSURE

A self-contained heating and cooling orthopaedic brace is described. The brace generally includes a main body having straps to support the brace on the desired area of the body. These areas can include the back, knee, elbow and shoulder. The brace further includes inner pockets having heating and cooling pads connected to a temperature controller that allows manual adjustment of the desired temperature. The heating and cooling elements in the pad typically utilize the Peltier Effect. The temperature controller can include a rechargeable battery for prolonged use. In addition, the brace is a material that allows temperature retention for further prolonged use. The user's own body moisture is also retained for moist heat applications.